

# Powerful Forgiveness

By RLD Editorial Team

for use as  
**STEP 1** 

**Lesson 2****Focus:**

Jesus can forgive our sins.

**Lesson 2****Bible Basis:**

Mark 2:1-12

**Lesson 2****Memory Verse:**

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.  
—1 John 1:9

**Students will understand the power of forgiveness and the Savior who gives it.**

**Materials:**

- Internet access
- Pens/pencils
- Index cards (1 per student)

If your class is meeting online, invite students to bring supplies with them to class.

Have pencils/pens and index cards on a desk in a common area. (If your class is meeting online, invite students to have those items ready at home.) Give students a few minutes to write down things they find difficult to forgive themselves for (all on one side of the index cards). Explain that these are personal and won't be seen by anyone. These can be attitudes they feel ashamed of having, things they have done that made them feel disappointed with themselves, or moments they wish they could take back, etc.

When they're finished writing, have students turn over their cards so the blank side is facing up. Have each student write "I forgive you" on the blank side of their index card.

**Let's watch the following video and think about forgiveness.**

Share the following video with your students [3:05; start at 0:15; stop at 1:55]:  
Woman forgives teen who attacked her on Capitol Hill | NBC4 Washington  
<https://www.youtube.com/watch?v=QftycoX3DE>

**This woman chose to forgive the teen who attacked her outside her home.**

- **Why would it be hard to forgive someone who attacked you, causing major injuries and lasting fear of a repeat event?** (Answers will vary. There would be a great deal of bitterness and resentment at first.)
- **Do you think it is in our nature to forgive others when they do something to hurt us? Explain your answer.** (Students will probably acknowledge that forgiveness isn't something that comes naturally.)

➤ **As wonderful as it was for this woman to forgive the teen who hurt her, do you think her forgiveness made the attacker right with God? Explain your answer.** (Allow students to voice opinions without comment. This will give you an idea of where they stand spiritually so that you can address it later in the lesson.)

**This woman forgave the teen who brutally attacked her. This act freed her from the bondage of unforgiveness. But was it enough? Let's see what God's Word says.**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

middle school



Lesson 2 / March 9, 2025

# Powerful Forgiveness

for use as  
**STEP 4** 

**Lesson 2**  
**Focus:**

Jesus can forgive our sins.

**Lesson 2**  
**Bible Basis:**

Mark 2:1-12

**Lesson 2**  
**Memory Verse:**

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.  
—1 John 1:9

## Materials:

- Index Cards from Step 1

The paralyzed man and his four friends went to a lot of trouble to receive healing. The four men squeezed through crowds carrying their friend then climbed up on the roof where Jesus was teaching and made a hole in it. That was no easy feat! Yet, when they managed to lower their friend down to Jesus, He had some surprising words. “Your sins are forgiven.” Jesus saw the man’s sinful state before He took note of his paralyzed condition and chose to heal him. Jesus wanted everyone watching to know that, yes, Jesus could heal the body... but Jesus also could heal the soul through forgiveness. Jesus has the authority to forgive sins because of who He is: God’s only Son.

It is easy to focus on needing healing. For us it may be wanting Jesus to help us NOW with whatever problem we are facing. Jesus wants us to know that the most important thing is forgiveness from sins.

Have a volunteer read today’s memory verse: “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness” (1 John 1:9).

Mention to students that Jesus was capable of performing miracles of healing but was more concerned with the paralyzed man’s “heart” condition. The same applies for us. **Jesus can heal and help us, but first we need to make things right between our sinful selves and a holy God. Jesus is the way we find this forgiveness, placing our faith in His finished work on the Cross and not our own works or the approval of others.**

Have your students take a moment to reread the lists on their own cards. Then, have them turn over their cards to read the message of forgiveness. **Knowing that you are forgiven is a wonderful, freeing experience. But it isn’t able to make you right with God. Your response to Jesus’ message of forgiveness IS able to make you right with God.**

Give your students a minute to reflect and pray silently to confess their sins. They may want to confess some of the things they wrote earlier or something else that is weighing on their hearts. If any of your students have not committed to following Jesus, invite those who want to talk with you about following Jesus to meet with you after class. Help for sharing the Gospel with this age group is available in your teacher's guide.

Encourage your students to take home their cards and, after talking with the Lord about the items they wrote, destroy the cards as a symbol of Jesus' forgiveness of their sin. Follow up this week with students who had questions about forgiveness or about following Jesus.

(We are not affiliated with and do not endorse any website or any other media listed on these pages. At the time of writing, we carefully review the referenced material and non-referenced web page content. However, due to the nature of the Internet, non-cited content on the website [including pop-ups, links, and ads] changes frequently and is beyond our control. Please review carefully before showing links in the classroom.)